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Keeping the extra pounds at bay and eating the right foods are crucial to keeping joint pain in check. But not all weight loss plans are effective, and not every diet is a good choice for someone with arthritis. We asked three nutritionists for skinny on five headline-grabbing plans. PALEO This plan recommends eating like a caveman, so all you can hunt or get together is fair game. Everything else is on the cutting block. Pros: The Paleo Diet prohibits processed foods from pushing nuts, seeds, fruits and vegetables. Meat on free ranging and grass fed, and fish wild. Cons: The Paleo diet does not restrict meat, and it does not include certain food groups, including dairy products, a good source of bone-healthy calcium, and nutrient-rich and fiber-rich whole grains, said registered dietitian Mira Ilich at the Cleveland Wellness Institute. Bottom line: Too much meat or too many wrong species can make this diet high in saturated fat, which promotes inflammation, says registered dietitian Rebecca Solomon, director of clinical nutrition at Mount Sinai Beth Israel in New York. It can also be difficult to stick to because the diet is limited. MEDITERRANEAN Fresh fruits and vegetables, whole grains and healthy fats are the basis in this classic diet. Pros: It consists of products with useful components. Olive oil, for example, contains oleocanthal, which has anti-inflammatory properties. Fruits, vegetables and whole grains are good sources of antioxidants and fiber. Fat fish, including salmon, sardines and mackerel, are rich in omega-3 fatty acids. Cons: Eating fresh food requires frequent shopping and cooking. Bottom line: The Mediterranean diet is a good choice that emphasizes nutrient-rich fresh foods without adding fat, sugar and other processed foods. Frozen foods can also be used, says registered dietitian Bonnie Taub-Dix, author of *Read It Before You Eat It* (Plume, 2010). FLEXITARIAN Nothing is beyond, but this diet emphasizes eating plant foods, while including meat only occasionally. Pros: As in the Mediterranean diet, the main foods are rich in antioxidants and fiber, both of which help keep the inflammation under control. Flexitarians are great on nuts, with their inflammation fighting monounsaturated fats, protein and filling fibers. Cons: Flexitarian plans don't restrict processed foods, so depending on your choice, the diet may be high in sodium, trans fats and other unhealthy compounds, says Ilic. Bottom line: Flexitarian food can be healthy and nutritionally healthy if carefully planned to include nutrients, says Taub-Dix. DASH (Dietary Approaches to Stopping Hypertension) This diet is rich in fruits, vegetables, whole grains and low-fat protein sources. Pros: Proven blood pressure reduction in just 14 days, dash diet emphasizes eating more fruits, vegetables, whole grains and low-fat dairy products and and red meat, sweets and sodium. Cons: You have to pay attention to the labels, says Ilic. If the food comes out of the package or off the menu, chances are it's not DASH-friendly. Bottom line: It's a healthy diet for those who are - not just people with arthritis or hypertension. In fact, it's a hands-down winner among registered nutritionists and leading health authorities. GLUTEN-FREE The point of this diet is to avoid gluten, a protein found in wheat, rye and barley. Pros: An estimated 3 million Americans who have coeliac disease, eating gluten is crucial, Solomon says. There is some evidence that a gluten-free, vegan diet can help people with arthritis by increasing inflammation to fight antibodies. Cons: This is not a low-calorie or low-fat diet, and gluten-free foods are generally not enriched with B vitamins and minerals such as iron, so they may not deliver enough of these nutrients. Gluten-free foods tend to be lower in fiber than their wheat counterparts, and fiber helps fight inflammation, says Ilic. Bottom line: Some people report that cutting out gluten helps their arthritis symptoms, but it doesn't work for everyone. This diet can exacerbate other diseases or contribute to iron or folic acid deficiencies that can lead to anemia or heart disease. Discuss this with your doctor before you try. DIET TRAPS With new diets making headlines every day, it can be difficult to determine which plans can relieve joint pain and which can exacerbate arthritis symptoms. Eating a diet rich in fruits, vegetables and whole grains can help combat inflammation, but no diet can cure arthritis, Ilic says. Here are five ways to discover quirks and choose legitimate plans. Don't nix whole food groups. If they require a load on one super meal or only a few foods, they are unlikely to be nutritionally balanced. Whenever you eliminate entire food categories, you may miss out on the necessary nutrients, says Ilic. Avoid diets that promise quick results. Healthy eating is a way of life, not a month-long job. Stay away from strict diets. Diets that are difficult to follow and difficult to adhere to can provide short-term results, but usually do not last in the long run. Be aware of food sensitivities. Some people with arthritis may see an improvement in their symptoms if they cut out gluten, animal products or other foods, says Ilic. If you want to try, eliminate suspects within a few weeks, then add them back, one meal at a time, and assess your symptoms. Related Resources: If You Have Hypothyroidism, You Experience symptoms such as weight gain, fatigue, dry skin, constipation, or feeling cold when others are warm, according to the American Thyroid Association (ATA). While there is no proven diet that can cure hypothyroidism, eating a healthy, well-balanced diet can help provide relief from some of your symptoms. Shane Shane A chiropractor neurologist and functional medicine practitioner at Integrated Health Systems in Englewood, Colorado, says there are benefits to changing your diet if you have hypothyroidism. Thyroid physiology depends on many different areas of the body, says Dr Steadman. Changing your diet can help with cortisol, inflammation, and providing nutrition to help with thyroid function. But all diets have pros and cons. Learn about these special diets that can benefit with hypothyroidism and then talk to your doctor to see if one can be right for you. Paleo Diet Also known as the Stone Age or Cave Diet, the paleo diet eliminates grains, dairy products, refined sugar, processed foods and salt, said Virginia Turner, RD, LDN, clinical manager of nutrition at the University of Tennessee Medical Center in Knoxville and a member of the Academy of Nutrition and Dietetics. Based on foods that could be obtained by hunting or harvesting during the Paleolithic era, the diet is rich in lean meats, fish, fruits and vegetables, she explains. Pro: Inflammation can damage the thyroid gland and thyroid cells, which can affect hypothyroidism, according to ATA. Having a paleo meal plan reduces the hard-to-digest foods like wheat and corn that can cause inflammation by focusing on antioxidant-rich foods such as fresh fruits and vegetables, says Madeleine Given, CNC, a holistic nutritionist in Santa Barbara, California. Con: Any diet that eliminates an entire food group will lack balance, and key nutrients are likely to be missed, Turner says. Milk is a major source of calcium and vitamin D, and both are important not only for bone growth and development, but also for maintaining bone health, she says. The Paleo diet also eliminates salt. A person with hypothyroidism should achieve optimal iodine intake from iodized salt to minimize thyroid dysfunction. Gluten-free Diet It's diet focuses on avoiding foods that contain gluten, a protein found in wheat, rye and barley. This with medical sensitivity is recommended for people with coeliac disease - an autoimmune condition in which gluten can damage the small intestine - and some people with gluten sensitivity, Turner says. It may be a good diet to try because coeliac disease is more common among people with hypothyroidism than in the general population, according to a study published in March 2012 in the American Journal of Medicine (AJM). And a meta-

analysis of 13 studies examining the link between thyroid disease and coeliac disease, which was published in December 2016 in PLoS One, found further evidence to support the hypothesis that thyroid disease - especially euthyroidism of autoimmune thyroid disease and hypothyroidism - are more common in people with coeliac disease. According to the researchers, these data show that patients with celiac disease Disease. Pro: For people who have hypothyroidism and coeliac disease, treatment for coeliac disease may also help with better absorption of hypothyroidism medications, the AJM study noted. And if a gluten-free diet leads to eating less processed and fatty foods and healthier options such as fruits, vegetables and lean proteins, then you may feel less tired. Con: Eliminating fortified whole grain foods from your diet can lead to nutrient deficiencies such as calcium, iron and niacin. In addition, whole grain bread and cereals are the most common sources of dietary fiber. Not getting enough fiber can lead to constipation, which is a common symptom of hypothyroidism. The low-glycemic dietary glycemic index is a means of measuring the effect of carbohydrates on blood glucose (sugar levels), Turner says. Low-glycemic foods include fruits, vegetables and whole grains, while foods high in glycemic include white bread and baked goods. Pro: A low-glycemic diet is beneficial for people who have diabetes or eat a poor diet high in refined carbohydrates, Steadman says. High blood sugar can stimulate cortisol production and increase inflammation, which can have a negative effect on hypothyroidism, he explains. Con: A low-glycemic diet may not be beneficial if a person with hypothyroidism already has low blood sugar, Steadman says. Mediterranean Diet anti-inflammatory diet focuses on plant foods, fish and other seafood, whole grains, nuts, seeds, legumes and healthy fats such as olive oil. Red meat, butter and processed foods are usually avoided with a Mediterranean diet. Pro: Anytime you reduce inflammatory foods in your diet, it helps with thyroid transformation and pituitary function, Steadman says. In addition to eliminating processed foods that can cause inflammation, the Mediterranean diet has the added benefit of being rich in omega-3 fatty acids that have anti-inflammatory properties. Con: A high-quality Mediterranean diet may be too expensive for some people to maintain, according to a study published in November 2013 in the journal Nutrients. A Special Diet is not a substitute for hypothyroidism treatment Why the diet plan you choose, think of it as an additional treatment; special diets are not intended to replace the treatment of hypothyroidism. Hypothyroidism cannot be cured, but it can be controlled by using synthetic hormones to replace thyroid hormones unable to produce on its own. ATA warns that alternative remedies, such as diets and supplements, do not suitable replacement for traditional treatment and will not make non-functional or low-functioning thyroid work better. Special diets may be useful for relieving specific symptoms of hypothyroidism, but they will not restore hormone levels where they should be. Always talk to your doctor before making significant changes in nutrition that might your hypothyroidism. Additional reporting by Kathryn Lee Lee hypothyroidism diet plan pdf. hypothyroidism diet plan australia. hypothyroidism diet plan indian. hypothyroidism diet plan in hindi. hypothyroidism diet plan pdf in hindi. hypothyroidism diet plan in tamil. hypothyroidism diet plan to lose weight. hypothyroidism diet plan in telugu

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